

thousands of troops into the Crimea to protect Turkey against Russian aggression. The battle of Alma brought terrible losses and suffering to the English forces. William Howard Russell, the *Times* war correspondent, stirred the apathy of England by his masterly appeal. "The wretched beggar," he wrote, "who wanders about the streets of London in the rain leads the life of a prince compared with the British soldiers who are fighting out here for their country. Are there no devoted women among us, able and willing to go forth and minister to the sick and suffering soldiers of the East in the hospital at Scutari? Are none of the daughters of England, at this extreme hour of need, ready for such a work of mercy?" The country was thoroughly aroused, and the War Office was inundated with food, provisions and hospital stores, and applications for nurses from women of all classes. Sidney Herbert, the Secretary of War, was a close friend of Florence Nightingale, and his strong appeal to her to take charge of this work is a great document in British history. She accepted the charge immediately, and, after one week of preparation, left England at the head of a little band of thirty-eight nurses, ready to battle with a death rate of fifty-five per cent in the hospitals of Scutari, crowded to overflowing with wounded soldiers and lacking in food and the most common necessities of hospital régime. In the twenty-one months which followed, the "Superintendent of the Nursing Staff in the East" worked indefatigably. She came back to England an invalid.

At a dinner given to veterans of the war in the Crimea it was suggested that each guest write upon a slip of paper the name of the person whose services in the Crimean war would be longest remembered by posterity. When the papers were examined, each bore the name "Florence Nightingale." The enlisted man can never forget her services to him. "Wherever a British soldier treads her influence is felt, and will be eternal." But this marvelous influence which she exerted was not to remain in old England alone. It has penetrated into every civilized portion of the globe. Her self-sacrifice and the remarkable example which she set, cannot be forgotten. She established the profession of nursing and no cult has ever had for its founder such a heroine. She injected into her calling that deep sense of duty which will ever characterize it. Women who now wear the garb of nurse with dignity and honor owe it to the lofty traditions which she inculcated. She gave to nursing an individuality which marks it as a distinct line of work, and she commanded for it a respect which will be lasting.

R. R.

Nowadays one does not go far in any line of activity without co-operating with his fellows. It is no less so in medicine.

#### CO-OPERATION IN WORK.

Through co-operative effort the physicians of this state, through the State Society, are now able to defend themselves properly and effectively against blackmail in the guise of malpractice suits, at a cost so low as to be almost ridiculous. With the benefits that the development of co-operation

among medical men—the County and State Societies—now brings, it should not be long until every licensed physician in the state, who is eligible, is aiding in this co-operative effort and sharing in its benefits. The reverse of benefits accrue if instead of co-operation we have antagonism, envy and all uncharitableness. Poor incomes mean poor doctors, and the people who try to decrease physicians' fees really injure themselves; co-operation has in no small part checked the tendency to lowering of fees and in many sections has absolutely eliminated the contract and lodge practice pest. Further co-operation can eliminate it nearly everywhere. Just criticism is always good and advantageous; mere knocking always retards or takes away from the advantages of co-operation. Emulation is inspiring, but envy is a ton weight on the neck of him who carries it. But apathy is the deadliest of all enemies to co-operation and improvement; the "what's the use" attitude will well-nigh kill all ambition and enterprise. Criticize where you see something to criticize; but don't knock. Help your fellow physicians and your society, and you not only help yourself but you help the people under your charge. If a brother physician is eminently successful and you are not, do not waste your time in vain envy, but study to see where you fall short and emulate. Remember that "a smile in the heart is the secret of youth," and that a sour face grows nothing but grouches. This is partly apropos of a letter from Dr. Mattison sent to the various county society secretaries, asking for aid in getting proper support for the Public Health Commission of the state; the letter will be found on another page.

A member has written the JOURNAL calling attention to an effort now being made to separate some dollars from physicians in this state. The "Empire Life Insurance Co." of Seattle has at least one agent who is visiting physicians with the plausible line of conversation suitable to the case, and trying to sell them stock in the company as a preliminary to being appointed one of the company's physicians. Inquiry at the office of the Insurance Commissioner discloses the fact that the "Empire Life Insurance Co." is not licensed to transact business in California. Some honors are considered, by some people, to be worth paying money for. But does it seem to be very much of an honor to be appointed physician to a company that is not licensed to transact business in our state? It would hardly appear to be either much of an honor or a business arrangement at all likely to be profitable. The same company has been operating in the same way in New York and probably in other states, and it is not unlikely that an occasional unwary doctor has been found who was caught by the "get-in-on-the-ground-floor" line of talk, if not by the honor of being a medical director or assistant expert of one sort or another—*when the company began doing business*. Don't take stock in companies like this without fully investigating the whole proposition—and then think about it some more.